

E-Blast Down Syndrome

Down syndrome is a genetic alteration caused by the presence of an extra copy of chromosome 21. This extra genetic material produces changes in development and in some physical characteristics. People with this condition may have challenges in muscle tone, delays in language development, and a slower pace of cognitive processing.

Management and treatment focus on reducing physical and cognitive barriers, promoting autonomy, inclusion, and holistic development, so that each person can reach their full potential.

Recommendations for therapies and support:

- **Physical therapy:** It is essential during the first years of life to strengthen muscle tone and improve motor control, helping them to sit, crawl and walk.
- **Speech and Language Therapy:** Focuses on improving communication, word articulation, and comprehension. In addition, it helps with feeding difficulties related to the oral musculature.
- **Occupational therapy:** Contributes to the development of daily living skills, such as independent eating, dressing, and writing, as well as the processing of sensory stimuli from the environment.
- **Cognitive therapy or psych pedagogy:** It uses strategies such as visual reinforcement and the division of complex tasks into simple steps to facilitate learning and problem-solving.
- **Psychological and social support:** It is essential to strengthen emotional intelligence, social skills and self-esteem, both person with Down syndrome and their family.

Early access to appropriate therapies and supports significantly improves quality of life and promotes holistic development.

Reference:

<https://www.mayoclinic.org/es/diseases-conditions/down-syndrome/diagnosis-treatment/drc-20355983>